

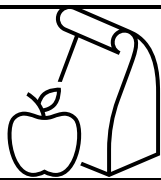


CENTENNIAL TODAY

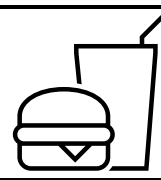
Friday, November 21, 2025 - Day 2

To speed up the process of serving you at lunch:

1. Please leave your backpacks or bags in your locker or outside the cafeteria service area
2. Please read the menu in the Centennial Today before entering the lineup
3. Use hand sanitizer before entering
3. Have your payment ready before you order
4. No touching items that you are not going to buy
5. Only those buying are permitted to enter the lineup. This will help speed up service.
6. No cutting into the line. Please wait your turn and line up in an orderly manner.



LUNCH MENU



Soup: Tomato Basil (Veg)

Small \$2.50, Medium \$3.50, Large \$5.50

AM Break

Turkey Sausage & Egg Wrap \$3.00

Chicken Enchilada \$5.50

Dessert

Fudge Brownie \$3.00

Menu

Grilled Cheese \$5.00

Tomato Basil Panini \$6.00

Triple Decker Clubhouse \$6.00

Chicken Strips & Fries \$7.50

Roasted Balsamic B.C. Brussels Sprouts \$4.00 (GF)

Cornmeal Cajun B.C. Oyster Burger w/ Alabama White BBQ Sauce \$5.50

Braised B.C. Beef w/ Mashed Potatoes, Mushrooms & Roasted Veggies
\$7.00

Salads

Centennial Salad \$ 5.00 w/ Chicken \$7.00 (GF)

Spinach & Kale Caesar Salad \$4.50 w/ Chicken \$5.50

Chopped Salad \$4.00

ALL STUDENTS

Please come to the office to pick up your Student Id Card.



[Centennial Spirit Night | Coquitlam Express](#)



SD43Education
FOUNDATION



SD43 Education Foundation Online Auction LIVE November 8 - 25, 2025

Make a Difference in Your Community

The SD43 Education Foundation Online Auction raises funds to support students and programs across Coquitlam, Port Coquitlam, Port Moody, Anmore, and Belcarra.

Last year, the following schools benefitted from sharing **\$51,120** in grants:

Birchland Elementary
Centennial Secondary
Hampton Park Elementary
Kilmer Elementary
Mundy Road Elementary
Port Moody Secondary

Cape Horn Elementary
Como Lake Middle
Heritage Woods Secondary
Meadowbrook Elementary
Parkland Elementary
RC Macdonald Elementary
CABE Secondary

Castle Park Elementary
Gleneagle Secondary
Inquiry Hub
Montgomery Middle
Pinetree Secondary
Suwa'ikh School

Amazing Items and Experiences

Bid on vacations, hotel stays, dining experiences, local gift certificates, hockey and sports tickets, golf packages, technology, and more exciting items for everyone.

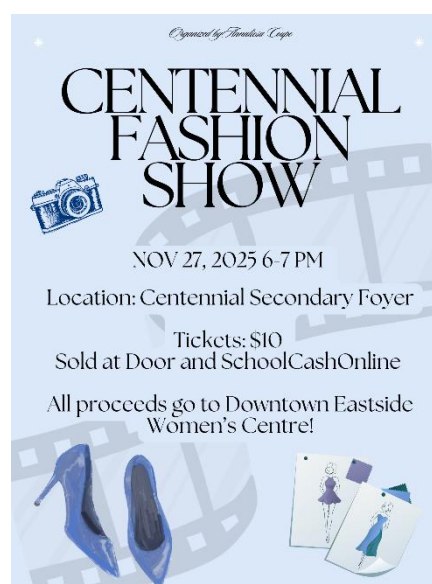
Visit, Bid and Share: www.32auctions.com/SD43foundation

Friday the 28th of November at 7 pm, we have the Theatre Ensemble class (Drama 11/12) previewing their One-Act shows before we head to the district Drama festival at Heritage Woods (MetFest).

If you'd like to come and support them, it's \$5 dollars at the door, to see TWO one-act plays! Thanks in advance for your support and hope to see you there.



CENTENNIAL FASHION SHOW



Tickets are now available for the Centennial Fashion show, on Thursday, November 27th from 6pm - 7pm in the school foyer. Tickets are \$10 each on School Cash Online. All proceeds go to the Downtown Eastside Women's Centre. You don't want to miss out on this show featuring talented student designers and models, and a chance to contribute to a worthy cause! Bring your ticket and student ID to show at the door.

Please email Mrs. Hipditch or Annaliesa (076-acoupe@sd43.bc.ca) if you have any questions.

Log on to school cash online or use this link to purchase tickets. Thank you!
<https://sd43.schoolcashonline.com/Fee/Details/159371/108/False/True>

Flex Login:

Log in: 076-email address

Password: student ID number (You will be prompted to change this after you log in)

If you still cannot log in, please come down to the tech centre (in the library) to see us for support.

Everyone has a responsibility for looking after our facilities at Centennial.

If you see an issue with any of our washrooms, or any other concern, please report it.

No toilet paper or soap... report it!

A mess on the floor... report it!

Vaping... report it!

Damage... report it



CAREER CENTRE

Visit the online Centennial Career Centre Page
[Career Centre - Centennial Secondary School \(sd43.bc.ca\)](https://sd43.bc.ca)



@cent43careercentre

Employment/volunteering – Post Secondary Information-
Scholarships & Awards – Trades Training -

Mrs. Healey Wright, your Post-Secondary and Career Advisor, is on site Monday, Wednesday, Thursday and Friday 8:00am – 3:30 pm. email dhealeywright@sd43.bc.ca

VOLUNTEER OPPORTUNITY

- When:** Sun Nov 30th | 9:45AM – 1:00PM, Rain or Shine! ☁️
- What:** Remove invasive blackberry to boost biodiversity & help our environment!
- Where:** Seaview Park (1255 Cecile Dr., Port Moody)
- Provided:** Tools, gloves, snacks, and educational instruction!
- You wear:** Long sleeves, long pants & closed-toe shoes.
- More Info & Sign-Up:** bit.ly/greenteam-nov30-2025
- Questions?** Email: Max@GreenTeamsCanada.ca

VOLUNTEER OPPORTUNITIES

[Rainforest Camps - Volunteer](#)
City of Coquitlam - Snow Angels [Start the volunteer process](#) to become a Snow Angel.

Evergreen Night Market

https://docs.google.com/forms/d/e/1FAIpQLSfskl17zBRIMLTvZK2fk5NUZ4_T8LMnKvldF3w4h2qZXXIoQQ/viewform?usp=publish-editor

THE FOLLOWING POST-SECONDARY INSTITUTIONS ARE COMING TO VISIT OUR SCHOOL

MONDAY NOVEMBER 24TH 9:00 AM – 11:00 AM
GRADES 11 & 12 STUDENTS

BC INSTITUTE OF TECHNOLOGY – Burnaby: One of BC's largest institutions with more than 48,000 students at five [5] main campuses. Entrance requirements are program specific.

CANADIAN FORCES/RMC – Various Locations: If you qualify for paid university, complete your degree at either the Royal Military College or any accredited program at a Canadian university.

CAPILANO UNIVERSITY – North Vancouver: Offering 101 programs including bachelor's degrees, diplomas and certificates; best known for jazz, film, animation and performing arts programs.

CORPUS CHRISTI – ST. MARKS @ UBC: Vancouver: Located on the UBC campus, Corpus Christi–St. Mark's offers the first two years of university in a smaller, more personal environment.

DOUGLAS COLLEGE – New Westminster & Coquitlam: the largest degree-granting college in BC offers 13 bachelor's degrees, 500-plus university-transfer courses and over 40 career programs.

KWANTLEN POLYTECHNIC UNIVERSITY – Traditional academics and hands-on, applied degree, diploma, certificate and apprenticeship programs, many not found at other BC institutions.

LANGARA COLLEGE – Located in Vancouver, offering 130 university and career bachelor's degrees, associate degrees, diplomas, certificates, and post-degree diplomas and certificates.

SIMON FRASER UNIVERSITY – The Burnaby Mountain campus includes more than three dozen academic buildings, while SFU Surrey campus is located near the Surrey Central transit station.

TRINITY WESTERN UNIVERSITY - Canada's premier Christian liberal arts university offering 47 undergraduate and 19 graduate programs on a main campus in Langley and also in Richmond.

UNIVERSITY OF NORTHERN BC – One of Canada's best small universities with undergraduate and graduate programs in arts and science, professional degrees, medicine and engineering.

UNIVERSITY OF THE FRASER VALLEY – Offers over 100 programs, including 19 bachelor's degree options in more than 30 subject areas, and more than a dozen trades and technology programs.

[UNIVERSITY OF VICTORIA](#) – More than 70% of students from outside the Greater Victoria area, with over 1,000 Indigenous students from across Canada and 3,400 international students._
[VANCOUVER COMMUNITY COLLEGE](#) – Located in the heart of Vancouver, offering academic, cultural, and social environments that inspire relevant real-world training.
[EMILY CARR UNIVERSITY OF ART AND DESIGN](#) Nationally recognized Art school.

Grade 12

TODAY AT LUNCH IN THE LIBRARY MAKERSPACE - FRASER HEALTH - HEALTHCARE CAREERS INFO SESSION

TRICITIES SOROPTOMIST SCHOLARSHIPS ARE OPEN JAN 15th, 2026

Live Your Dream Awards - Soroptimist International of TriCities

Bea Kelly Volunteer Award 5 X \$1500 APPLICATION [bk-award-application-writeable-2023d-1.pdf](#)

Give her Wings Award \$1500 APPLICATION [Give-Her-Wings-Application-2024-2025-2.pdf](#)

Spread your Wings Award for Refugees and Immigrants APPLICATION [spread-your-wings-award-2024b.pdf](#)

SFU MAILING LIST

Get the latest information about SFU [Stay Connected - Undergraduate Admission - Simon Fraser University](#)

UBC

You can find the answers to your questions about admissions, programs, and applying to UBC by visiting the [Undergraduate Programs and Admissions](#) website.
[Contact the Admissions Office](#)

DOUGLAS COLLEGE INFO SESSIONS - ONGOING [Information sessions | Douglas College](#)

BEEDIE LUMINARIES SCHOLARSHIPS NOW OPEN
Beedie Luminaries | Scholarships for B.C. Students

SCHOLARSHIP SEARCH ENGINES:

- [EDUCATION PLANNER BC SCHOLARSHIPS & BURSARIES PAGE](#)
An overview of Scholarships, links, search engines and tips.
 - [Scholarships Canada](#)
Extensive database for scholarships and funding
 - [Schoolfinder](#)
Scholarships and financial aid, tuition...
 - [Yconic](#)
Social Network, search engine, research
 - [Student Scholarships.org](#)
 - [ScholarTree.ca](#)
 - [BC Scholarships search engine](#)

Did you miss the scholarship meeting? Please read the handout and review the PowerPoint.

 [Scholarship MTG 1 HANDOUT 2025-2026.pdf](#)
 [SCHOLARSHIP MEETING 1 fall 2025.pdf](#)

Attention All Grade 12 Students Applying for Post Secondary in the Fall- Emerging Talent Art Show!

The Place Des Arts Emerging Talent show will be happening this year from January 23rd to Mid March. It is an opportunity for Grade 12 students to have their work featured in the Place Des Arts gallery- this opportunity would look wonderful on your applications to Emily Carr, OCAD, and other various Post Secondary Art Schools.
If you would be interested in submitting a piece or two of your work, or for more information, please see Mrs. Castro in the Art Room E121!

UBC BCOM VIDEO TIPS AND TRICKS SESSION

[Register for Morning Session](#)

[Register for Afternoon Session](#)

UPCOMING POST – SECONDARY INFO SESSIONS - DETAILS ON THE [Career Centre](#)

UBC SAUDER BUSINESS FUNDAMENTALS EVENT NOV 22 ON CAMPUS ✳

... 11/22/2025

FINANCE PAGE LINK (SCHOLARSHIPS): [Career Centre - Centennial Secondary School](#)

TERRY FOX HUMANITARIAN AWARD

Applications **OPEN NOW** to Dec. 1st

[Applicant Information | Terry Fox Humanitarian Award](#)

Mark your calendars - CAP U EXPLORE NOV 29 IN PERSON



SFU (USES) UNDERGRADUATE ENTRANCE SCHOLARSHIPS

Open to December 15th!

[Undergraduate Scholars Entrance Scholarships \(USES\) - Financial Aid and Awards - Simon Fraser University](#)

UBC PERSONAL PROFILE

Information and video Write your Personal Profile - UBC | Undergraduate Programs and Admissions

SPORTS

Centennial Girls Field Lacrosse Try-outs

- Mon, Nov. 24th 3:30-4:30pm

You will need a stick, mouthguard and goggles. New & experienced players are welcome!
For more information, please follow our Instagram **centgirlsfieldlacrosse** or email Ms. Kelly Murray at kemurray@sd43.bc.ca.

Swimmers Provincial Relay

Thank you to EVERYONE who covered for me and to all of you who are working extra with these athletes to help them catch up.

Our Boys team were AMAZING - they placed 3rd in the province, behind St Georges and Penticton, both of which have full time coaches, their own pool and all year swimming programs!
Our Girls came top 20 in a tough field with a team of only 7 (two with no previous racing experience!) so very well done 😊

HIGHLIGHTS: Davin Rollins won gold in 50m Breaststroke and bronze in the 100m IM
Derex Yang won gold in the 200 m IM (very exciting come from behind finish!) as well as a 7th in 100 m breaststroke. Our boys Medley relay won silver (Andrew Matheson, Davin, Eden Yeung and Alex Cornescu) and our Boys 200 m Free relay won bronze (Timothy Ngai, Andrew, Davin and Alex).

We had a girls 4 x 100m free relay that was 7th fastest - Oliiviak Kubiscek, Kennedy Kwan, Meghan Lubog and Maya Paul stepped in to cover for Hailey Jeong when she couldn't make the final.

Other individual top results include Alex C was 4th in 100m free, Taysia Langstrom was 7th in 100 m free and 10th in 50m free, Josh Kim was 6th in 100m free and 9th in 100 m breaststroke, Andrew M was 6th in the 50 m backstroke and 5th in the 100 m IM.

ALL our other relays made finals and earned points (including great swims from the rest of our Provincial qualifiers: Yana Khrissanova, Kaegan Guilty, Jacob Matheson, Owen Yeung, Arsham Dehghani, Rikuto Nobuhara, Manisha Dunenkepotha).

here are some of our podium photos!
Maureen Curran



Go Centaurs!

Centennial Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53	BLOCK 1 7:45 - 8:53
BLOCK 2 9:00-10:12	BLOCK 2 9:00 – 10:03	BLOCK 2 9:00-10:12	BLOCK 2 9:00 – 10:03	BLOCK 2 9:00 - 10:12
BLOCK 3 10:16-11:28	ExFLEX 10:07 – 11:12		CENT TIME 10:07 – 11:12	
Lunch 11:28 – 12:13	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28	BLOCK 3 11:16 – 12:19	BLOCK 3 10:16-11:28
BLOCK 4 12:13 – 1:25	Lunch 12:19 – 1:05	BLOCK 4 12:13 – 1:25	Lunch 12:19 – 1:05	BLOCK 4 12:13 – 1:25
FLEX 1:29 – 1:59	BLOCK 4 1:05 – 2:08		BLOCK 4 1:05 – 2:08	
BLOCK 5 2:03 - 3:15	BLOCK 5 2:12 - 3:15	BLOCK 5 2:03 - 3:15	BLOCK 5 2:12 - 3:15	BLOCK 5 2:03 - 3:15

Book your
FLEX and
CENT

SCAN ME



Community Events

École Westwood Elementary PAC

INVITES YOU TO OUR

Winter MARKET

NOVEMBER

29

10AM TO 4PM

3610 HASTINGS ST, PORT COQUITLAM

LOCAL VENDORS | JR. VENDORS
GAMES | SILENT AUCTION | DOOR PRIZES
FOOD & DRINK FOR PURCHASE

\$5 ADMISSION
OR \$2 ADMISSION WITH FOOD BANK DONATION
KIDS 12 & UNDER FREE